



Partner Team Building Circuit



How do I get started?

Materials needed by instructor:

1. 8 ½ x 11" Interval Circuit Station Training (ICST) charts
2. masking tape

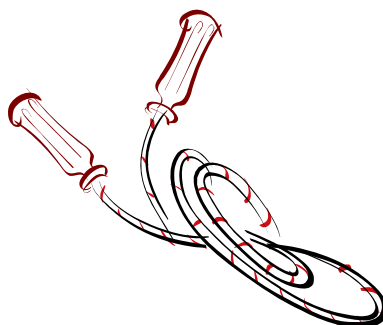
Materials needed by students:

1. Towel &/or exercise mat
2. Water bottle



Optional equipment if facility and resources are available:

1. Music (tapes, CDs, boom-box, microphone, headset)
2. Circuit exercise station equipment
 - Stability Balls
 - Medicine Balls
 - Jump Ropes
 - Exercise Tubing
 - Platform (step/box/bleacher)
 - Cones
3. Stop watch
4. Heart rate monitors
5. Target heart rate posters
6. Whistle



Time at each station:

1. Beginners – One minute stations
2. Intermediate – One and a half minute stations
3. Advanced – Two minute stations

15 Seconds of active recovery for participants to switch stations

Course Set Up

1. Football Field
2. Track
3. Gymnasium
4. Pier-side
5. Flight deck
6. Submarine
7. Pool-side
8. Training Room
9. Parade Field



- Many factors will influence your course set up including:
 - number of participants
 - fitness level of participants
 - space and equipment available
 - time constraints
- Demonstrate exercises and provide an ICST chart at each station
- Include exercises everyone can do by offering modifications for each
- Depending upon the focus of your circuit , include a variety of exercises:
 - cardiovascular followed by strength
 - push exercises followed by pull exercises
 - lower body exercises followed by upper body exercises
 - opposing muscle groups (ex: bicep exercise followed by a triceps ex)
 - twisting trunk movement and lateral movement
 - balance, speed and agility
- Monitor participants to ensure the intensity and exercise is appropriate, modify as needed
- Maintain a safe and fun environment!

Partner Team Building Circuit Explanation

- Start each exercise session with a progressive, dynamic 5-10 minute warm-up
- Divide class among stations, if possible try to pair people with similar body size &/or weight and fitness level
- Demonstrate exercises

Medicine Ball Pass

Chest Pass

1. While facing each other pass medicine ball back and forth using a chest pass



Side Pass

1. While facing each other pass medicine ball back and forth using a side pass
2. Alternate sides for throwing and catching



Bicep Curl

1. Partners face opposite directions shoulder to shoulder
2. Place elastic band under your inside foot (band will be under one foot of each partner)
3. Partners will grab elastic band handles with inside hand and perform bicep curls



Walking Lunge

1. Partners face in same direction
2. Interlock arms
3. Perform walking lunges alternating legs each repetition



Chest Fly

1. Partners face the same direction standing front to back
2. Partner One places hands in elastic band handles with arms out to side parallel to deck, elbows slightly bent
3. Partner Two anchors resistance band while Partner One presses handles together in front of the body with arms extended while maintaining a slightly bent elbow
4. If you are going through the station multiple times – switch positions each go around. If not, switch positions $\frac{1}{2}$ way through allotted station time



Chest Press

1. Partners face the same direction standing front to back
2. Partner One places hands in elastic band handles
3. Partner Two anchors resistance band while Partner One presses handles forward away from the body
4. If you are going through the station multiple times – switch positions each go around. If not, switch positions $\frac{1}{2}$ through allotted station time



Front Plank/Partner Hop

1. Partner One is on the deck in the forward plank position with elbows placed directly beneath shoulders, palms of the hands on the deck, toes curled under, and body in a straight line from head to heel
2. Partner Two hops over hips of Partner One
3. If you are going through the station multiple times – switch positions each go around. If not, switch positions $\frac{1}{2}$ way through allotted station time



Jump Rope

1. Both Partners jump rope
2. Partner One calls out directions (i.e., right foot, left foot, both feet, side to side, scissors, double time.....)
3. If you are going through the station multiple times – switch call out positions each go around. If not, switch positions $\frac{1}{2}$ way through allotted station time



Jump Rope

1. Partner One jumps rope forward
2. Partner Two jumps rope backward



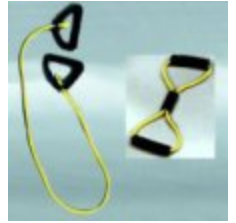
Overhead Pulldown

1. Partner One sits on bench and places hands in elastic resistance band handles arms extended above head
2. Partner Two anchors resistance band above the head of Partner One. Keeping back straight and abdominals tight, Partner One pulls handles down toward the body until the handles reach shoulder height
3. Return to starting position
4. If you are going through the station multiple times – switch positions each go around. If not, switch positions ½ way through allotted station time



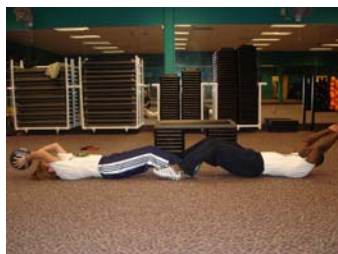
Lateral Step with a Squat

1. Partners face one another and places resistance band around ankles
2. Interlock hands/forearms
3. Take giant step(s) laterally
4. Reverse direction



Medicine Ball Curl-Up

1. Partners get into curl-up position on the ground facing one another
2. Partners interlock feet
3. Partner One hand the medicine ball to Partner Two
4. Partner Two accepts the medicine ball and both partners complete a curl-up with medicine ball held at chest or with arms extended overhead
5. Pass the ball back and forth



Medicine Ball Twist

1. Partners stand back to back
2. Keeping lower body stationary and rotating the upper body, hand off the medicine ball from one Partner to the other
3. Reverse direction



Navy Curl-Up

1. Partner One gets into curl-up position
2. Partner Two holds the feet of Partner One
3. Partner One performs Navy curl-up
4. If you are going through the station multiple times – switch positions each go around. If not, switch positions ½ way through allotted station time



Oblique Curl-Up

1. Partners face each other in the curl-up position
2. Lay back on the floor and lift legs bending hips and knees to 90°
3. Place bottoms of feet together
4. Perform an oblique curl-up while maintaining contact between your feet



Piggyback Hustle

1. Partner One bends at knees to allow Partner Two to get onto back (**DO NOT TRY TO PICK UP PARTNER WITHOUT BENDING KNEES!!**)
2. Partner One hustles down to a designated spot carrying Partner Two
3. Partner Two dismounts and they both run back to starting line
4. Switch positions



Push-Up

1. Partner One assumes the push-up position
2. Partner Two places both feet on the shoulders/upper back of Partner One while in the push-up position
3. Both partners will do push-ups in unison



Push-up Modification

1. Partner One assumes the push-up position with knees placed on the deck throughout the exercise



Resistance Push-up

1. Partner One assumes the push-up position
2. Partner Two straddles Partner One, bends at the knee and applies resistance to the upper back while Partner One performs push-up
3. If you are going through the station multiple times – switch positions each go around. If not, switch positions ½ way through allotted station time



Row

1. Partners face one another
2. Partner One places hands in elastic resistance band handles
3. Partner Two anchors resistance band while Partner One pulls handles toward body, brushing the sides with the elbows until the wrists meet the rib cage
4. Return to starting position
5. If you are going through the station multiple times – switch positions each go around. If not, switch positions ½ way through allotted station time



Triceps Extension

1. Partner One sits on bench with arms extended above head, elbows bent at 90° - elastic resistance band in handles in hand
2. Partner Two anchors band while Partner One extends arms in an upward motion squeezing elbows toward each other
3. Return to starting position
4. If you are going through the station multiple times – switch positions each go around. If not, switch positions ½ way through allotted station time



Squat

1. Partners face away from one another
2. Place resistance ball between upper bodies
3. Take a step away from one another ensuring that when performing a squat with proper form, knees will remain behind toe
4. Press upper body into resistance ball and lower body into a squat

